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Vol. 5, Number 24 R.R. 2, MINDEN, ONTARIO K0M 2K0 Telephone (705) 489-2036 Wednesday, June 17, 1981

Stanhope Council hold 1981 taxes to 7 percent increase

STANHOPE — At the recent meeting of township council held last Wednesday, council was able to keep tax increases to residents at just 7 percent for 1981.

According to clerktreasurer Gerald Bain, the main reason for the small increase in comparison to other municipalities in the County was the fact that at December 31, 1979 the municipal deficit was at $38,000. By December 31, 1980 that deficit had been wiped out and a surplus of about $6,000 had been reached.

The bulk of the increase, as in other years, was the school board and county mill rate increases. The school levy in 1980 was 324.4 and in 1981 it rose to 359.5 or a 10 percent increase. County mill rates also rose from 59.6 to 66.2 or an 11.1 percent increase.

Municipal mill rates rose from 58.0 for Highways to 58.4 and the General Township mill rate dropped from 132.7 to 131.4, a decrease of 1.3 mills.

On an assessment of $500, this means a raise of $17.55 for school taxes, $3.30 for County taxes, .20¢ for highways and a decrease of .65¢ in general taxes, or an 1981 increase of $20.40 based on the $500 assessment.

Last year if you paid $287.35 (based on the $500 figure) your taxes for 1981 will be about $307.75 or 7 percent.

MP Scott questions Minister on Small Business Bond prog.

During a recent question period in the House of Commons, Victoria-Haliburton MP Bill Scott asked the Minister of State for Small Businesses and Tourism, the Hon. Charles Lapointe, on the Small Business Development Bond program.

Mr. Scott asked the minister if he could explain why there has been so little promotion of the small business development bond availability to the small business community, something that could be very beneficial at this time of high interest rates and other difficulties plaguing the small businessman.

In answer to Mr. Scott's question, Lapointe told the House that he had received word from the Royal Bank of Canada that they would be increasing their annual $275 million budget for promotion, to half a million, and that the Small Business Development Bond program will be part of that promotional budget.

Tragic accident kills two young Kirkfield men, injures another

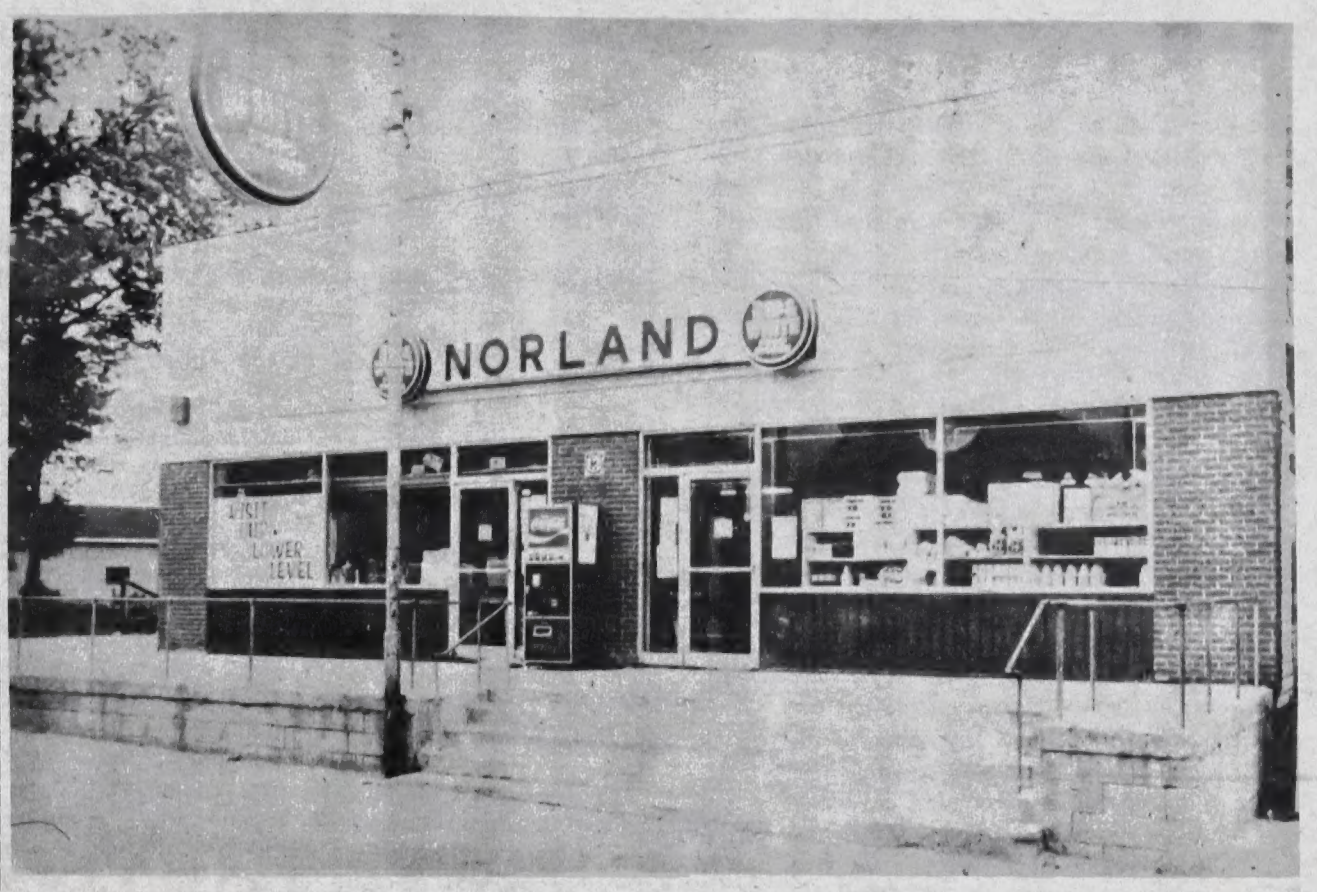
Two young men were pronounced dead on the scene, after the car they were in, left the road and struck a tree, at 1:55 am, Thursday, June 11.

Durham Regional Police say the vehicle was travelling at a high rate of speed on Durham Regional Road 47, south of the Trent Canal when the accident occurred.

The driver of the car, Kevin A. Mitchell 20, of RR 3, Kirkfield was killed along with a passenger, 16 year old Donald Harrigan also of the Kirkfield area. Police say autopsies will be performed on both victims.

The sole survivor, another passenger, Thomas Merron 16, of Kirkfield is in stable condition in Orillia's Soldiers Memorial Hospital.

Police report the car was totally demolished as a result of the collision.



Red and White Foodstore in Norland changes hands

NORLAND — Last Monday, the Norland Red and White foodstore here took on new owners. Jim and Suzanne Lee of Toronto purchased the business from Peter and Linda Purcell, who had operated the local store for the last three years and have now moved to Lindsay, where Peter may go back to college. The Lee's have lived in Toronto for the last eight years where Jim was employed at Canada Packers and Suzanne was employed at both Mac's and Becker's milk stores for five years. The Lee's bring a wealth of business experience to the Norland store and we wish to welcome them to the community on behalf of the residents of Norland and surrounding area. The Express talked with the Lee's recently and they explained that everything will remain the same in the store, including the staff, which includes Lance Myers, Chris Suckling, Joan Brohm, Pam Brohm, Phyllis LeCraw, Dorothy Brown, Sharon Ross, Nellie Shynoweth, Mary Graham, Jim Quinn, Tony Potter and Craig Payne. The Lees' also wish to advise their customers of their new extended store hours — Monday to Saturday 9 am to 9 pm and on Sunday from 9 am to 6 pm.

Trent Severn News Report

The amount of stored water in Haliburton and Peterborough County lakes operated by Trent-Severn Waterway held steady at about 97 per cent from May 25 to June 1. This is about 2.5 per cent higher than the ten year average.

Gull River flow was reduced from 33.2 cubic meters per second on May 25 to 18.4 on the 26. A further reduction to 14.8 was made on June 2 to hold the reservoir water which is still not required for navigation level maintenance in the Kawarthas. Similar reduction of flow was done on the other reservoir tributaries.

The surplus level situation and flows along the Otonabee and Trent River sections of the canal route have all been reduced since May 25. A small surplus remains and the flow is getting down near the summer minimum generally needed for proper water quality and operational requirements of the navigation structures. Lake Simcoe-Couchiching retains a small surplus of about three centimeters above the rule curve.

Gov't. consultants offer advice to local firms

A team of consultants from the Ontario Ministry of Industry and Tourism will be visiting the county this week to advise manufacturing firms on ways to improve their productivity and profitability.

The consultants, who have wide experience in manufacturing, will be conducting individual on-site consultations with any firm that requests advice.

Last year, 316 Ontario companies took advantage of the free service.

To arrange for an appointment you may call the operator and ask for Zenith 59130.

EDITORIALLY SPEAKING

Gasoline tax increases hurt entire Canadian Economy

Canadians continue to pay more to the federal government for its inability to come to an agreement with Alberta on oil pricing.

Gasoline prices went up an average of two cents a litre (nine cents a gallon) in Ontario last week, the result of a special two-pronged tax increase announced last Tuesday by federal Energy Minister Marc Lalonde.

Half of the 1.6 cent-a-litre federl tax increase goes to offset the cost of a subsidy on more expensive imported oil caused by Alberta's decision to reduce oil production because of the lack of a price increase agreement. The other half goes to boost a sagging Canadian dollar, and offset higher than expected costs for imported oil earlier this year. Provincial taxes make up the remainder of the latest boost.

The increase is the fifth so far this year. Even if there were a pricing agreement between Alberta and the federal government, it is quite possible the cost of gasoline and other petroleum products would probably be at least as high as they are now. However, the distribution of income generated by the higher prices would be vastly different.

What is worrisome about the increases this year is that by and large the money they produce goes out of the country to oil exporting nations which tend to hurt our balance of payments position.

In addition, the special federal taxes contribute directly to increased costs for transportation, heating, etc. They also put downward pressure on the value of the Canadian dollar, increasing inflation resulting from higher costs for the goods we must import.

If the increases were as a result of a pricing agreement, part of the extra revenue would go to the producing province, part to the federal government, and the remainder to the oil companies as an incentive to step up exploration for new petroleum sources.

That probably would tend to boost the Canadian economy rather than hurt it. The latest tax increases however, may indirectly help new negotiations between Ottawa and Alberta on a pricing formula scheduled to start this week.

Lalonde has promised the special federal levies would be dropped should an accord be reached. Petroleum prices probably won't go down if a pricing formula is reached but at least the revenue they generate will be kept in the country.

Environment Ontario Hotline Service provides analysis on acidity of Provincial lakes

Ontario Environment Minister Keith Norton recently announced a new service to inform cottagers and other interested citizens of the effects of acid rain on their lakes.

Mr. Norton released details of an initial survey of 1,665 Ontario lakes analyzed for susceptibility to acid attack as part of Ontario's program to identify lakes affected by acid rain. He also announced a telephone hot-line to provide up-to-date information on the status of specific lakes tested.

Inquiries about lakes in the report should be directed to the limnology unit at (416) 248-3058 in Toronto between 8:15 a.m. and 4:30 p.m. Collect calls will be accepted.

Of the 1,665 lakes for which test results have been completed, 534 were listed as not sensitive, 567 as having moderate sensitivity, 244 as low sensitivity, 234 as extreme sensitivity and 86 as acidified. Almost all of the acidified lakes are in the Sudbury area and are believed to have been directly affected by local sources.

Lakes are classified in five categories: acidified, extreme sensitivity, moderate sensitivity, low sensitivity and not sensitive.

"This survey represents just one element of our work on acid rain", Mr. Norton said. "Future work will include an analysis of the data in a geological framework so that analysis of the sensitivity of other regions of the province can be undertaken.

"Apart from providing information to concerned cottagers and other citizens, this sampling program is part of the overall research study we are conducting to compile as much information as possible on the effects of acid rain.

"This type of scientific evidence is invaluable in our effort to increase the awareness of American citizens about the serious effects that U.S. emissions have in Ontario. The data will also be used in the current negotiations between Canada and the U.S. to get an international agreement aimed at controlling emissions."

Lakes are arranged by county or district and listed alphabetically within each such division. For each lake, the location (township, latitude and longtude), the study or report providing the data, and the date of sampling are listed.

The report, Acid Sensitivity Survey of Lakes in Ontario, was produced as part of the Acidic Precipitation in Ontario Study.

In a preface, the report authors explain, "The five sensitivity categories are somewhat arbitrary since studies which can quantify the acidification rates of lakes of different buffering capacities are not yet complete.

"Nevertheless, they are based on current understanding of lake sensitivity and as such can provide a limited or preliminary answer to the question: Is my lake being affected by acid rain?"

Further reports on the analysis of an additional 1,000 lakes will be released later this summer.

A fact sheet which summarizes the report is available free of charge from:
Information Services Branch
Ministry of the Environment
135 St. Clair Ave. W.
6th Floor
Toronto, Ontario
M4V 1P5
(416) 965-7117

Mainstream Canada

The farmers win support

By W. Roger Worth

Canada's farmers are under the gun these days as various groups complain that farm marketing board systems for many commodities are keeping food prices at high levels.

One statistical study after another, it seems, contends that farmers are getting better than their fair share when it comes to pricing products such as milk and eggs.

Some marketing boards effectively set prices for such commodities, ensuring farmers receive enough cash to cover expenses and earn a profit on their operations.

Roger Worth is Director, Public Affairs, Canadian Federation of Independent Business.

Some boards also control production through a licensing system, theoretically ensuring supply does not surpass demand.

Because farmers have been allowed to overproduce on many occasions, and products have been destroyed or dumped, all marketing boards have been given a bad name.

Marketing boards do have continuing problems to work out. Farmers are individualistic and not easily controlled, even by farmer boards.

Nevertheless, amid the complainers, there are a lot of Canadians who believe farm marketing board systems are workable, providing protection for smaller farmers in a cyclical industry.

For example, in a recent survey conducted by the 60,000-member Canadian Federation of Independent Business, 48% favored allowing farmers to police themselves in order to control output of various commodities.

Only 26% opposed such boards, and 26% were undecided.

It's interesting to note that Federation membership of 60,000 people operating their own small and medium-sized businesses, includes only a small percentage of farmers.

While the 48% who supported farm marketing boards is not particularly overwhelming, it at least indicates the farmers are not alone in their view that smaller farm operators deserve protection.

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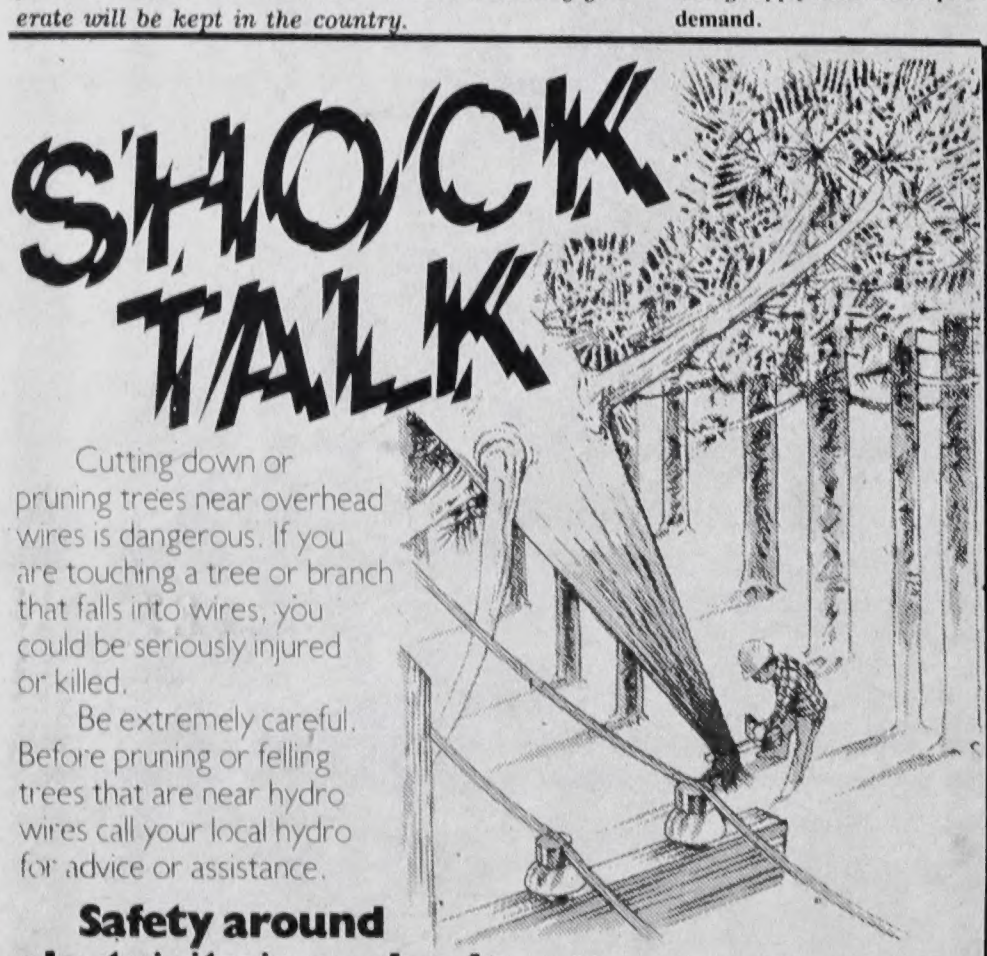

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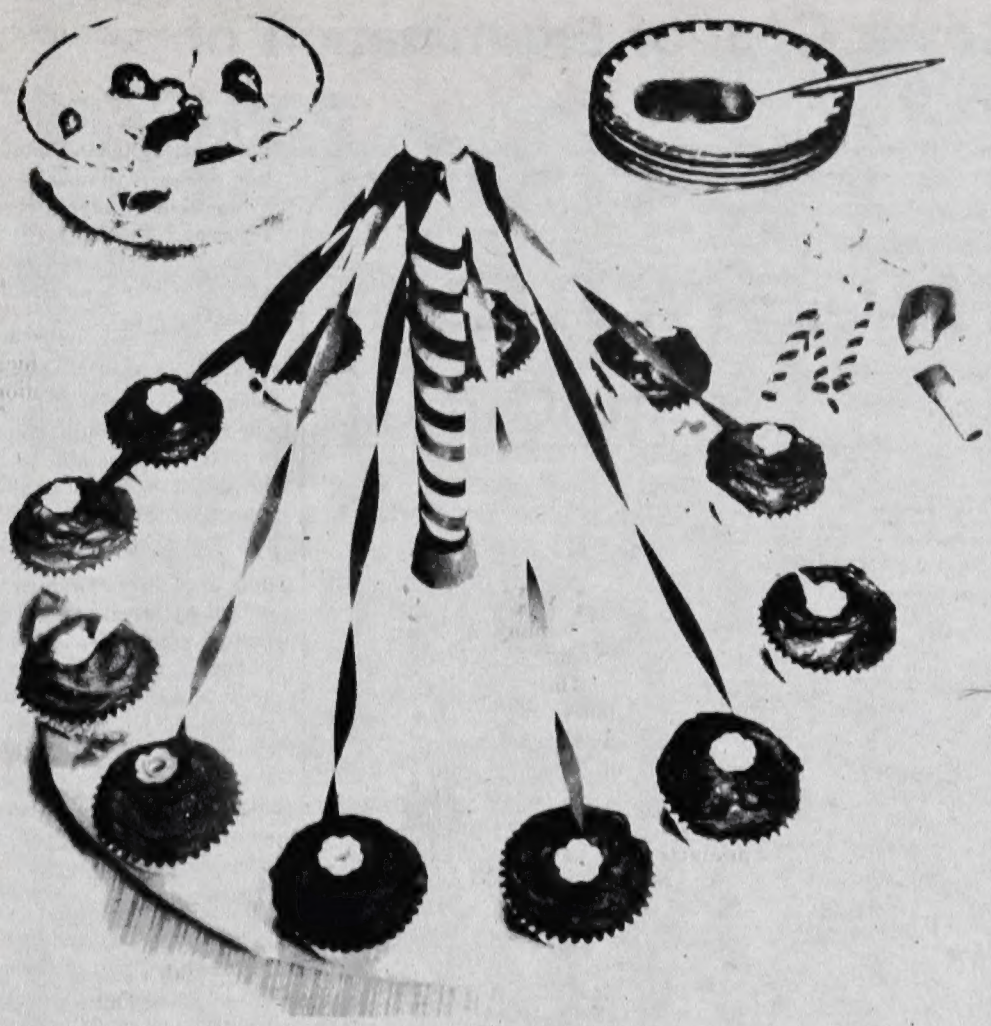

Have your own celebration of spring this year and create a chocolate cup cake Maypole as a table centrepiece for a party at home, or at your local church or club.

by Denise Ryan

Celebrate spring with your own table Maypole

Whatever the calendar says, in most folk's minds spring isn't really in being until May, and that's not just a Canadian assumption.

For many European cultures, May Day (May 1) is the time to celebrate, with various traditions, the welcoming of spring.

One of the most memorable and attractive of these traditions is the Maypole, a tall pole wreathed with flowers and streamers, around which merrymakers dance.

Why not have your own celebration of spring this year and create a Maypole as a table centrepiece for a party at home, or at your local church or club.

All you need is a centre pole (a candle with the top cut off, or a stick of rock candy will do), some narrow colored ribbons to serve as streamers, and a dozen chocolate cup cakes to take the place of the dancers.

Place the pole in a small candle holder and twist some colored ribbons around it. Scotch tape them at the bottom, and use a wider strip of ribbon to cover the base.

Then take a dozen colored ribbons of equal length, tape them to the top of your pole. Take one ribbon at a time, twist it slightly, and stretch it out to reach one of the cup cakes.

Fasten down with a decorative flower or candy.

The Maypole can be assembled on a flat cake board, or even a lazy Susan if you prefer, on an attractive doiley in the centre of your table.

And now, here is my recipe for chocolate cup cake dancers and chocolate peppermint frosting.

Maypole Cup Cakes

Ingredients

1¼ cups (300 mL) all purpose flour
¾ cup (175 mL) Fry's Cocoa
1 tablespoon (15 mL) baking powder
½ teaspoon (2 mL) salt
½ cup (125 mL) butter
1⅓ cups (325 mL) sugar
3 eggs
1 teaspoon (5 mL) vanilla
⅔ cup (150 mL) milk

Set 22 large paper baking cups in muffin tins. Sift together butter and sugar. Add eggs, one at a time beating well after each addition. Beat in vanilla. Add dry ingredients to creamed mixture, alternately with milk, combining lightly after each addition. Divide batter evenly among prepared cups. Bake in preheated 375°F (190°C) oven 20 to 25 minutes or until done. Cool and frost with cocoa peppermint frosting. Makes 22 cup cakes.

Cocoa Peppermint Frosting

Ingredients

⅓ cup (75 mL) butter
⅓ cup (75 mL) Fry's Cocoa
½ teaspoon (2 mL) vanilla
¼ teaspoon (1 mL) peppermint extract
3 cups (750 mL) sifted icing sugar
3 tablespoons (50 mL) milk

Melt butter in a saucepan. Add cocoa and stir until smoothly combined. Add vanilla and peppermint extract. Alternately blend in icing sugar and milk until frosting is smooth and of spreading consistency. Makes sufficient to frost 22 cup cakes.

If you would like some more of my favorite cocoa and chocolate recipes in "Cocoa Rediscovered", write to me at: 3 Church St., Suite 201, Toronto M5E 1M2.

MP Bill Scott announces new toll free number for calls

Victoria-Haliburton MP Bill Scott announced this week that constituents outside the Lindsay area may now reach his riding office free of charge.

To take advantage of the toll free number, dial the operator and ask for Zenith 63670. The connection will be made free of charge.

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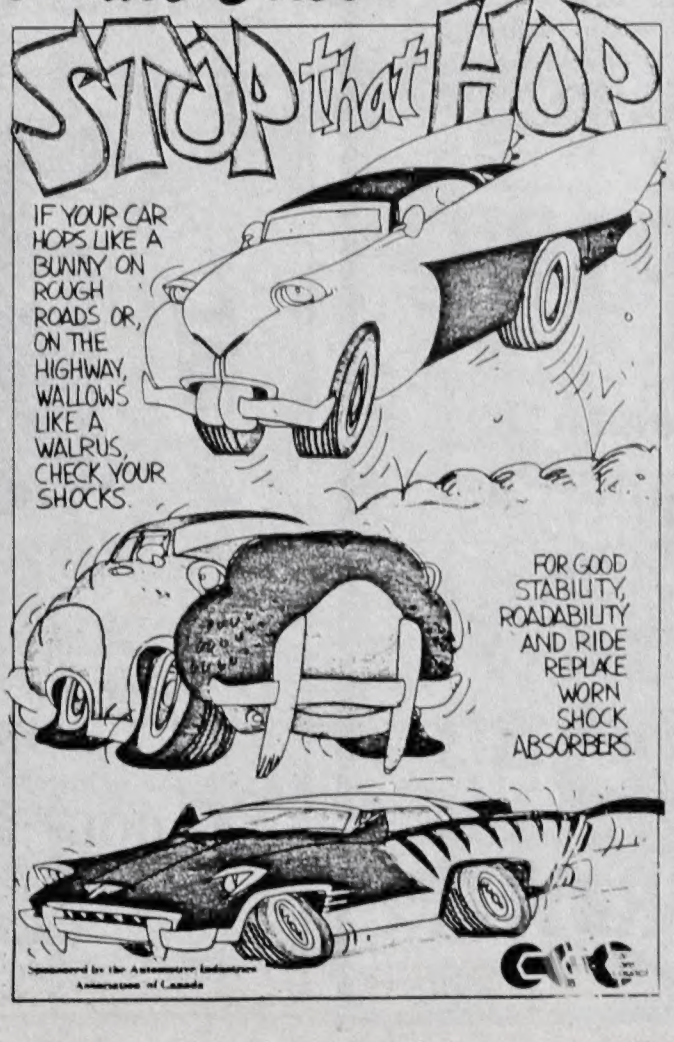

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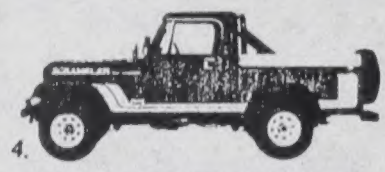

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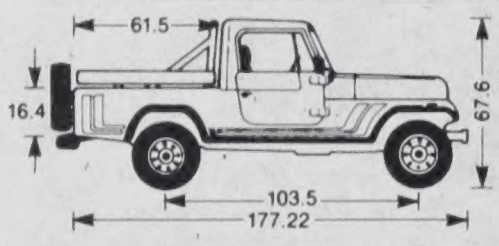

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OHIP to Cover Cost of Examination of Alleged Rape

TORONTO – The Ontario government has announced recently that in agreement with the Ontario Medical Association doctors will now be paid through the Ontario Health Insurance Plan (OHIP) for their examination of people alleged to have been assaulted sexually.

Ontario Health Minister Dennis Timbrell said all doctors, whether or not they participate in OHIP, will be able to bill the plan at the rate of $150 for women or $125 for men to carry out necessary examination and documentation required to investigate alleged sexual assaults.

The listed payments are for medical assessment of sexual assault only. Treatment of medical problems resulting from an assault is an additional charge and is covered separately under OHIP.

Since OHIP funds are meant only for medically necessary services, part of the cost will be recovered through an internal agreement with the Ministries of the Attorney General and Solicitor General.

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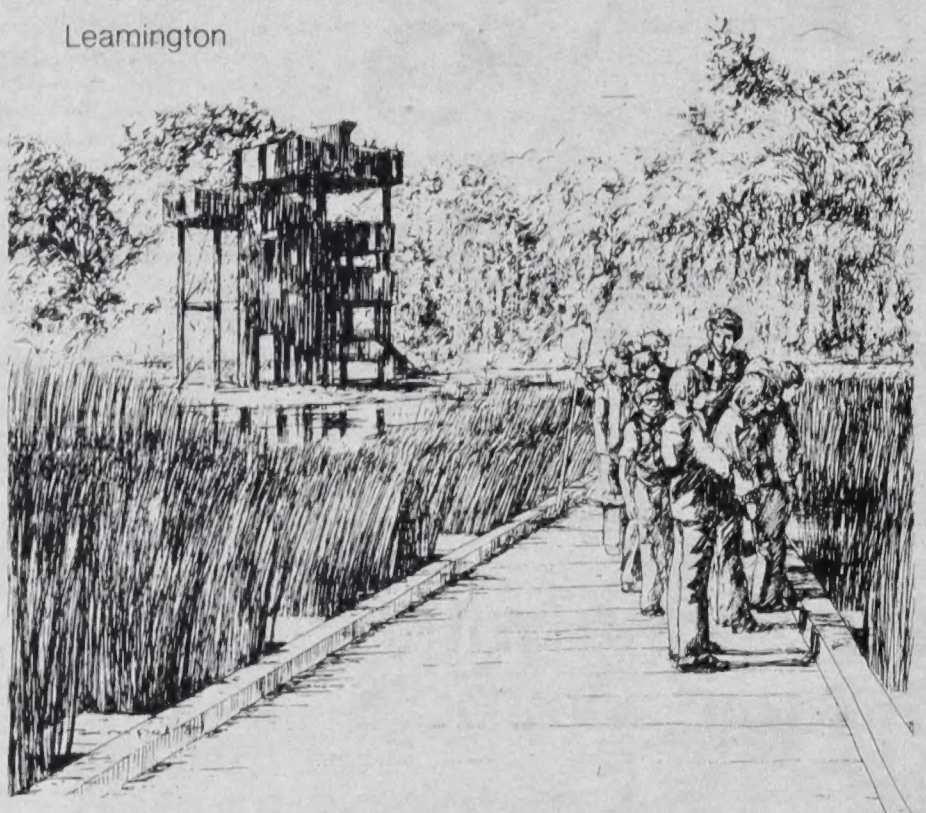

An icicle-shaped sandspit, Point Pelee National Park juts into the waters of Lake Erie. Located further to the south than any other part of mainland Canada, it is one of the best places in North America to experience the spring migration of birds.

For information write: Parks Canada, Ontario Region (H)
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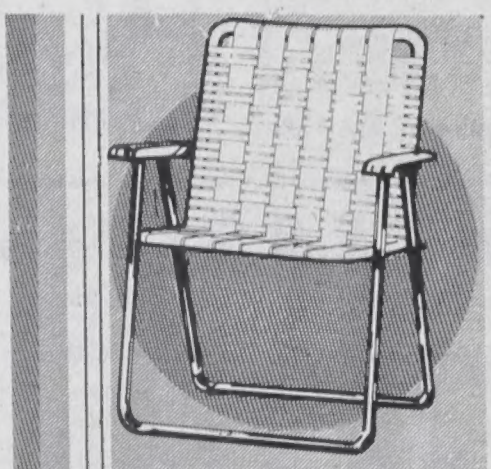

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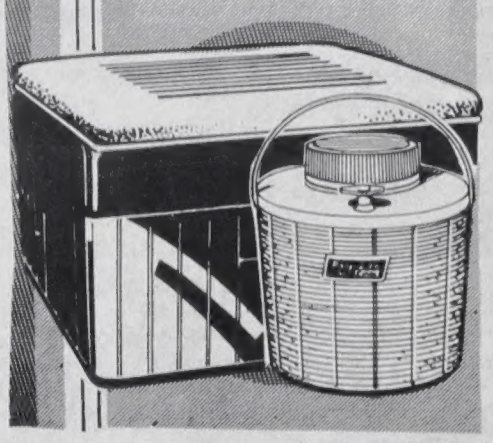

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Ontario Ministry of Natural Resources

Express Sports

by Cliff Burke

Dixie Lee-Homestead breaks 4 game losing streak, win 25-11

Dixie Lee breaks losing streak, downs Wilb. 25-11

MINDEN — The Dixie Lee-Homestead ladies here broke their four game losing streak on Tuesday evening, downing th hapless Wilberforce ladies 25-11. The loss gave Wilberforce it's seventh straight setback of the current season.

Andrea Burk was the winning hurler for the local gals, retiring nine batters in a row at one point. The win was her third against two losses this season.

Helen Burk got the Dixie Lee team off and running in the third inning with a grand slam homer that put Minden ahead 10-5. However, some walks by Andrea and timely hitting by the Wilberforce crew had the game tied in the top of the fourth. From this point on Andrea pitched surburbly, giving up just one run the rest of the way. In the meantime, Minden scored 15 times in the final four innings to make it a route.

Some spectacular fielding behind Andrea made the difference. Also, the girls broke out of their batting slumps, Nelda Cully 5 for 6, Wendy Gough 4-6, Marg Fielding 4-6, Lynn (Howie) Osinchuk 4-5, Lorraine Carpenter 4-5 and Andrea Burk 4-5.

Chris Storey suffered the loss for Wilberforce. Minden with the win, put their record at 3-4 and six points, tied with the Minden Juniors and Carnarvon.

Haliburton County Ladies Softball Standings

Teams	GP	W	L	TP
West Guilford	5	5	0	10
Haliburton	6	4	2	8
Dixie Lee-Homestead	7	3	4	6
Minden Juniors	5	3	2	6
Carnarvon	5	3	2	6
Gooderham	4	1	3	2
Wilberforce	7	0	7	0

Dixie Lee 25—Wilberforce 11
Dixie Lee 18—Juniors 22
West Guilford 12—Haliburton 10

Strawberries ready in June

Celebrating the beginning of summer with lots of fresh, juicy Ontario strawberries? Depending upon the weather, strawberries should be available now and will last until early July.

They are grown primarily in southwestern Ontario from the Niagara region through Hamilton and into Toronto. Marketing specialists at the Ontario Ministry of Agriculture and Food inform us that more than 2500 acres of strawberries are harvested every year. Strawberries are a very important crop fo the province, producing a farm-gate value of $10 million.

More than 70 per cent of Ontario's strawberry crop are sold through pick-your-own farms. For a list of these farms contact the Ministry of Agriculture and Food by calling 968-1760 in Toronto.

Fact Sheets for the Mentally Retarded

As more and more mentally retarded people leave institutions to live in the community it is increasingly important to provide them with basic consumer information, says Sarah Coombs, Consumer Education Co-ordinator for the Ontario Ministry of Consumer and Commercial Relations.

"Because the point of the outreach programs is to make these people more self-reliant, it is important to arm them with consumer facts so they know how to protect themselves," she says.

To mark the International Year of Disabled Persons, the ministry, with the help of associations for the mentally retarded, has simplified three ministry fact sheets so they can be used to teach the mentally retarded consumer rights and responsibilities.

The three fact sheets, now available in French and English, are: Six Shopping Tips; Tips for Shopping at Your Door and How to Get a Refund or Exchange.

"Each of the fact sheets deals with solutions to every day problems, which are communicated in simple language using easy-to-understand illustrations."

The fact sheets are free and can be obtained by contacting the Consumer Information Centre, 555 Yonge St., Toronto, M7A 2H6 or by calling (416) 963-1111 (for hearing disabled call TTY/TDD (416) 963-0808).

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DR. HADLEY will be taking a temporary leave of absence as he has accepted a one year position with the faculty of the School of Optometry, University of Waterloo.

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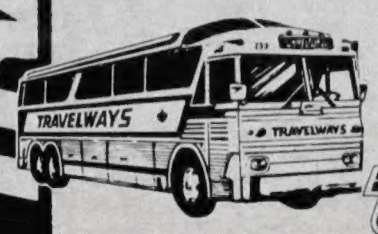

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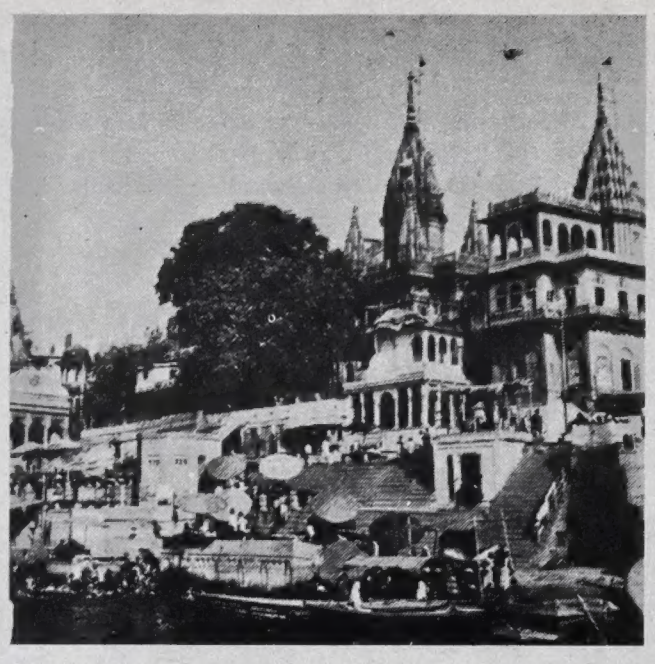

Scene of morning prayers and ablutions on the banks of the holy ghats on the River Ganga, Varanasi.

Varanasi: The Holy City Of India

On the banks of the holy river Ganga stands Varanasi, Hinduism's greatest city, a city of great antiquity and sanctity. Contemporary with Nineveh and Thebes, it is probably the oldest living city in the world. Written records mention its existence at least 3000 years ago.

One tends to associate this city with crowds, temples, priests, carts, vendors, and worshippers at the ghats. But above this melee Varanasi throbs with an undercurrent of spiritual fervour not found at other holy places. The devout call it Kashi, or Light, a city with thousands of temples, Hinduism's greatest centre. For centuries, pilgrims have come to cleanse themselves of their sins and seek release from the cycle of rebirth.

The City Lives

Take a walk down Vishwanath Gali, a narrow lane leading to the gold-spired Vishwanath temple. The long street is flanked by shops selling glass and lacquer bangles, the vermillion married women wear on their foreheads and incense sticks, the heady fragrance of which pervades the entire area. There are flowers, garlands, coconuts and sweets to be offered to the deity.

A surprising feature of this lane are the small iron gates which open onto the spacious courtyards of affluent houses. From the narrow, crowded lane such sprawling houses existing just a boundary wall away seem incredible.

Mother Ganga

Out of the street on the wider road, you face the famous Dashashwamedh Ghat, its steps dotted with frazzled palmleaf umbrellas. Nearby, the squat cave-like temple of the goddess Ganga resounds to the chanting of devotees.

Descend the steps and boat along the river-front, one of the most fascinating aspects of Varanasi. At dawn thousands throng the ghats (stepped embankments) performing ablutions: a dip in the river and salutations to the sun. At dusk leaf-boat lamps are set afloat by pilgrims.

Varanasi, through the ages, has been the seat of Hindu learning. The Banaras Hindu University is considered a great centre of oriental learning. Occupying approximately 2000 green acres, the University was founded by Pandit Madan Mohan Malviya, a great nationalist and educationist. Perhaps the largest residential university in Asia, it attracts scholars of Sanskrit, Indian art, culture, religion and philosophy from around the world.

Within the campus precincts is the new Vishwanath temple, built of marble and planned as a secular shrine, open to visitors of all creeds and religions, Varanasi contains temples dedicated to almost all the gods of the Hindu pantheon. The most novel, on Kashi Vidyapeeth Road, is the temple dedicated to Mother India and instead of the images of the customary gods and goddesses, it houses a perfect relief map of India carved out of marble.

Among the other places of worship is the Gyanvapi Mosque, constructed by Aurangzeb in the 17th century over the ruins of the original Vishwanath temple. At Durga Kund is a Durga temple, also called the Monkey temple because of the large number of monkeys found there. Also at Durga Kund is Tulsi Manas temple, where the entire text of the epic Ramayana expounding the life and deeds of Lord Rama is inscribed on the marble walls inside the temple.

Religious Co-existence

Varanasi may be essentially a holy city of Hindus, but it is a place as much frequented by the Buddhists. Sarnath, 10 km from Varanasi is a centre of Buddhist pilgrimage. In Deer Park, the Buddha preached his first sermon after enlightenment. He converted the five ascetics who had followed him in the early part of his search for truth.

In the 3rd century BC, Emperor Ashoka built a number of stupas, monasteries and viharas at Sarnath. The Dhamek Stupa is best preserved. Nearby is a recent monastery built by the Buddhist Mahadodhi Society. The museum at Sarnath houses some of the art specimens from the Ashoka period. The Lion capital, which has been adopted as India's national Emblem is displayed here.

How to Get There

India Airlines' direct services connect Varanasi to Agra, Calcutta, Delhi, Khajuraho and Kathmanud (Nepal). Varanasi Cantt and Mughalsarai are the railheads for the city. Varanasi is connected by road with major cities.

Where to Stay

There is a range of comfortable hotels including Clarks Hotel and The Ashok Group's Varanasi Ashok with air-conditioned rooms and attached baths. Also available are the inexpensive Tourist Bungalow and other lodges.

Within the city taxis, rickshaws and the city bus service provide transportation. The Uttar Pradesh Government Roadways and the ITDC organize sightseeing tours around the city and a trip down the river.

Varanasi is a city posed between the past and the present, a city where religion and industry exist side by side, where people seek purity and eternity; where devotees come from all over the world to learn, to meditate, to ask for boons and even to die for the sake of securing a place in heaven.

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SAUSAGE SORCERY

JUNE

Trying to make meals both interesting and nutritious presents a real challenge for the homemaker. Here are some ideas to keep the family happy at mealtimes, supplied by the home economics consultant for Union Carbide, Joan Colnett.

***If cereal or eggs are losing** some of their appeal at the breakfast table, then try a hot dog on a bun or hot soup. They'll like the variety, and take time for this most important meal of the day.

***Liver sausage lovers will** relish this sandwich spread. Combine 4 ounces (125 g) liver sausage, 1 package of cream cheese (125 g), 2 tablespoons (30 mL) pickle relish and 2 slices of cooked and crumbled bacon. Use as a filling for 6 sandwiches.

***Here is a version of Hot Dog** Stuffed Potatoes that is simply great for nippy nights. This recipe is for two persons, but you use one medium potato for each person to be served. Poke a fork lightly in each of the potatoes and bake at 350°F. (190°C) until done (about an hour). Place the potatoes on a counter and remove the tops of the jackets by cutting an oval from the top side of each. Take out the potato meat carefully, without ripping the jackets. Chop 2 wieners, 1 small onion and 4 stuffed olives. Mix the potato meat, wieners, onion, olives, ¼ cup (50 mL) of milk, ½ teaspoon (2 mL) salt, and ¼ teaspoon (1 mL) pepper. Mix together until mixture is smooth. Stuff the jackets. Cover each potato with a slice of Cheddar cheese and place under a broiler until the cheese melts. Sprinkle the melted cheese with paprika. These stuffed potatoes can be peppered up by substituting sour cream for milk and by adding other spices or condiments. They can also be made well in advance. Keep them in the refrigerator and when ready to be served, heat for about 15 minutes and then cover with cheese and broil.

***Weeny Specials are a special** treat for the children, and easy to prepare. Combine 4 ounces (113 g) diced Cheddar cheese with ¼ cup (50 mL) chopped pimento-stuffed olives and 2 tablespoons (30 mL) of grated onion. Split 1 pound (454 g) of wieners in half lengthwise almost to bottom. Fill with cheese mixture. Broil until cheese melts, 3 to 5 minutes. Serve on plain or toasted hot dog buns. These ingredients will produce 8 to 10 Weeny Specials.

***Add sauteed bologna strips** to German-style potato salad for a savory side dish.

***Looking for interesting hors** d'oeuvres for your next party? Why not try this Bavarian Dip. Beat until blended together 1 package of cream cheese (125 g), 1 package of liver sausage (250 g) and 2 tablespoons (30 mL) lemon juice. Add 1 package dry onion soup mix, ⅔ cup (150 mL) evaporated milk, 1 tablespoon (15 mL) horseradish and 1 teaspoon (5 mL) Worcestershire sauce. Beat until thoroughly blended. Chill before serving with crackers, wheat thins or sesame rounds.

***Sweet and Sour Wieners are** another party idea. Combine 1 10-ounce (284 mL) bottle of chili sauce and 1 9-ounce (256 mL) jar of grape jelly in a saucepan or chafing dish and heat until blended. Cut 2 1-pound (454 g) package of wieners into ½-inch (12 mm) pieces. Reserve ends of wieners for use in sandwiches or scrambled eggs. Add remaining slices to chili sauce mixture. Heat thoroughly. Makes 5 dozen pieces.

Copy of "Sausage Sorcery", a recipe booklet prepared by Union Carbide Canada Limited, may be obtained by writing Family Food Service, 245 Davenport Road, Toronto, Ontario M5R 1K1.

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A.A.—If you have a drinking problem, that's your problem. If you want to stop drinking, that's our problem. Call 286-1116. (23

COMING EVENTS

The Eleventh Annual Senior Citizens' Dinner Tuesday, June 23rd, 1981
For ALL Senior Citizens of Haliburton County.
You are invited to dinner at Hyland Crest Home, Minden. If you are 70 years of age or over, come and bring your spouse or an escort, and meet your friends and renew acquaintances.

Dinner will be served at 5:30 p.m. and will be followed by a short program.

We must know how many are coming, so please let us know by June 18th and your place will be reserved. Write or phone 286-2140. 24) Hyland Crest Home

COMING EVENTS

June 16th — HUDSPITH'S 7:00 pm. Admission fee — adults $1.00; children .50c. June 16 to July 4th: Kids Work and Kites. More details next week. The Gallery is now open every Sunday from 1 to 4 pm.

HELP WANTED

HELP WANTED—Waitress required for licensed lounge in Minden. Must be 19 or over. Call 286-1751. (23

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HELP WANTED — Organist or Guitar player for weekend sing-songs at small hotel. 454-8231. (22

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CARNARVON METALS — scrap cars, trucks, steel & cast. We buy: copper, aluminum, brass, batteries.— Call 489-2353. (22

WANTED — Room & board for mature female working student during summer months, close to downtown Minden. 286-1189. (21

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"Cooking with Jehane Benoit"

Several weeks ago, I wrote about the harmful effects of light on dairy products, now comes more new research from Dr. John deMan and his food scientists at the University of Guelph.

Whether the consumer buys homo, 2% or skim milk, all types are subject to flavor deterioration when exposed to light, according to a recent study conducted by the Department of Food Science at the University of Guelph.

Samples of milk exposed to light for 24 hours and milk protected from light were evaluated by 145 panelists for flavor differences. More than two-thirds of the panelists were able to correctly identify light-exposed and partially skimmed milk.

"Of the three types of milk used in this study, the unexposed milk was significantly preferred," said Dr. J. M. deMan, who headed the project. "The mean preference scores for the unexposed homo and partially skimmed milk were 7.1, and the skim milk rated 5.8. After light exposure, the mean flavor scores were 3.4, 3.5 and 3.3 respectively. Flavor deterioration in light exposed milk appears to be unrelated to its fat content."

After light exposure for 24 hours in plastic pouches, the loss of ascorbic acid (Vitamin C) ranged from 84.7% to 90.3% in the three types of samples. All of the current research on the subject indicates that the only effective dairy container in widespread use today is the paperboard carton.

Now, here's a summertime dessert recipe that will enhance your standing as the neighborhood's best cook.

FROZEN ORANGE SOUFFLÉ

This spectacular, delicious dessert can be made even 8 to 10 days ahead, since it is frozen. The recipe will serve 12 to 16 portions. I like to make mine in two molds, and use the second mold for second helpings or keep as another dessert to be served within two months.

Yolks of 12 eggs
1½ cups (375 mL) sugar
Juice and grated rind of 2 oranges
Juice and grated rind of 4 lemons
⅓ cup (80 mL) rum or orange liqueur
8 egg whites
2 cups (500 mL) whipping cream

Prepare a 6-cup soufflé mold or a mold with straight sides or use 2 smaller molds, tying paper collars around the top. The collar should be two inches (5 cm) higher than the mold.

Place in top of double boiler the egg yolks, sugar, juice and rind of oranges and lemons, rum or orange liqueur. Stir the mixture with a whisk or a hand beater, over the simmering water, until it thickens. Remove the top of the double boiler and place at once in cold water. Let cool until custard is tepid. When ready fold in the beaten egg whites and the stiffly beaten cream. Stir until well mixed. Fill the molds or mold to the top of the paper collar, then freeze 5 to 6 hours. When frozen, wrap whole dish with Saran paper, return to freezer. To serve, remove paper collar, let stand 20 minutes.

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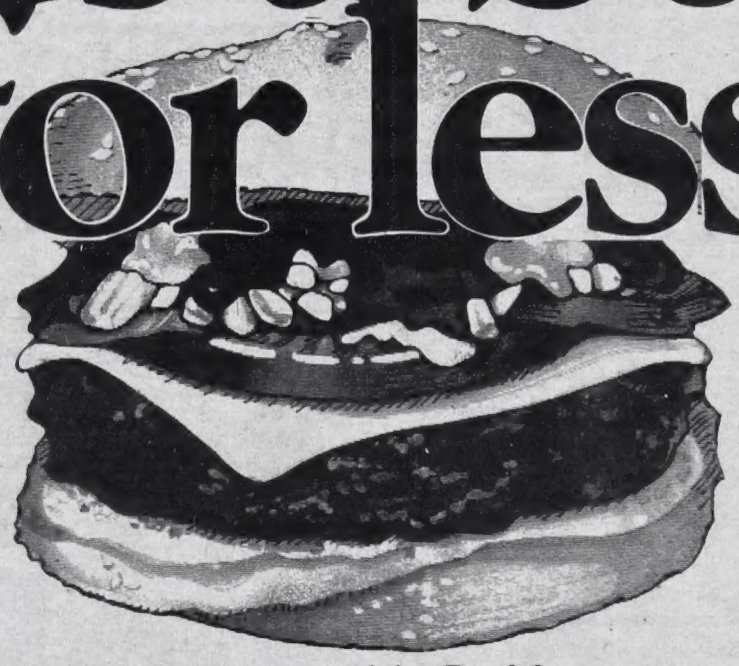

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cut from Canada grade "A" beef
full slice round steak ..... lb. **2.38**

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Quikki kitchen pkg. of 12 **garbage bags** .59
2 ply white or yellow Debsey 4 roll pkg. **bathroom tissue** 1.49
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Kraft 500 g pkg. **Velvetta cheese** 2.39
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500 ml. bottle Kraft assorted Cal-Wise **salad dressing** 1.39
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